

Tasty Fish and Veggie Packets

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 12 minutes

Makes: 4 servings

Ingredients

4 cod fillets (4 ounce each, can also use tilapia, sole, hake, flounder, or other white fish)

1/4 red onion (or scallions)

1 carrot

1 red pepper

1 celery stalk

zucchini (optional)

Roma tomatoes (optional)

1/2 fennel (1/2 bulb)

1 clove garlic

2 tablespoons parsley (chopped)

thyme (fresh springs, optional)

basil (chopped, optional)

ginger (minced, optional)

2 teaspoons olive oil

4 teaspoons lemon juice

salt (to taste, optional)

pepper (to taste, optional)

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	130	
Total Fat	3 g	5%
Protein	19 g	
Carbohydrates	7 g	2%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	390 mg	16%

Directions

1. Preheat oven to 400 degrees F.
2. Cut four large rectangles of parchment paper or aluminum foil and fold in half; unfold.
3. Put each fish fillet in a large square of parchment paper

and season with salt and pepper.

4. Top fish with your choice of vegetables and seasonings.

5. Drizzle each packet with ½ teaspoon oil and 1 teaspoon lemon juice.

6. Fold the parchment paper or foil in half and then crimp around the edges tightly in 1/4-inch folds to create a half moon shape.

7. Using a spatula, transfer the packets to a baking sheet. Bake until the fish is cooked to an internal temperature of 145 degrees F, about 10-12 minutes, depending the thickness of the fish.

Note: *Optional ingredients are not included in the nutrient or cost analysis.*

Notes

For a video demonstration of the preparation of this recipe, see: www.nutrition.gov/kidscook.

Food and Nutrition Information Center